

Session 4

Worksheet 4.1 Inspirational Quotes

- Change your thoughts and you change your world. *Norman Vincent Peale*
- When we deny the story, it defines us. When we own the story, we can write a brave new ending. *Henry David Thoreau*
- If you don't like something, change it; if you can't change it, change the way you think about it. *Mary Engelbreit*
- Until we are able to use our own words to tell our own stories, the context we find ourselves in ... says our stories for us, and usually gets it wrong ... When he proclaimed: 'You have a mental illness.' I responded: 'I thought I had a story to tell.' *Beth Filson*
- He who has health, has hope; and he who has hope, has everything. *Thomas Carlyle*
- Know what's weird? Day by day, nothing seems to change, but pretty soon ... everything's different. *Bill Watterson*
- Often the key part of the journey from chaos to clarity is telling the story. Stories give us a handle on how we feel and an ability to tolerate and accept those feelings. *Tanya Byron*
- There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. *Nelson Mandela*
- If all you can do is crawl, start crawling. *Rumi*
- When we cannot find a way of telling our story, our story tells us – we dream these stories, we develop symptoms, or we find ourselves acting in ways we don't understand. *Stephen Grosz*
- Never apologize for being sensitive or emotional. Let this be a sign that you've got a big heart and aren't afraid to let others see it. Showing your emotions is a sign of strength. *Brigitte Nicole*
- The journey of a thousand miles begins with a single step. *Lao Tzu*
- Whenever we talk about ourselves we tell stories. Without these stories, our experiences would sit – unconnected – like a thousand tiny beads. *Lucy Waddington*
- Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect. *Alan Cohen*
- I always managed to return to my story and thus was able to preserve my sanity and identity. *Terry Waite*
- Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible. *St. Francis of Assisi*
- You don't have to be great to start, but you have to start to be great. *Joe Sabah*
- More powerful than the will to win is the courage to begin. *Unknown*
- You can't stop the waves, but you can learn to surf. *Jon Kabat Zin*
- Our job is not to deny the story but to defy the ending. To rise strong, recognise our story; rumble with the truth until we get to a place where we think, Yes. This is what happened, this is my truth, and I will choose how this story ends. *Brené Brown*
- I do ... to this day, think that success is being able to look in the mirror and know that I'm alright on that day. I don't believe I've made it – I believe that I'm making it. *Lemn Sissay*
- From small beginnings come great things. *Proverb*
- Do what you can, with what you have, where you are. *Theodore Roosevelt*
- A hard beginning maketh a good ending. *John Heywood*
- Nobody can go back and start a new beginning, but anyone can start today and make a new ending. *Maria Robinson*
- You are never too old to set another goal or to dream a new dream. *C.S. Lewis*
- I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know that just to be alive is a grand thing. *Agatha Christie*
- Fall seven times, stand up eight. *Japanese proverb*
- Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. *Thomas Edison*
- Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born. *Helen Keller*